

Delicious Tacos

Makes: 4 Servings

These vegetable filled corn tortilla tacos get a kick from diced jalapeno peppers and garlic. Serve these as a side dish or enjoy as a snack.

Ingredients

1 cup mushrooms
1/2 red pepper, medium
1/2 onion
1 tablespoon jalapeno pepper
1 clove garlic
1/2 teaspoon black pepper
1/2 teaspoon table salt
4 corn tortilla, medium
 Optional: cilantro and tomato to garnish

Directions

1. Saute onion, garlic and jalapeno, add cumin and black pepper. When everything is soft, add red pepper and mushrooms. Saute for 2 minutes.

2. Serve over tortilla and garnish with cut tomatoes and cilantro or cilantro sauce.



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Nutrition Information

Nutrients	Amount
Calories	69
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	304 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	27 mg
Iron	1 mg
Potassium	163 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	1 ounce